



Sleep Information				
Organization	Service Description	Address	Phone Number	Website
Autism Awareness Centre, Inc.	Article titled ' Sleep Baby Sleep: Bedtime Tips for Those with Autism'	56 Sussex Crescent SW, Calgary, AB T2W 0L5, Canada	1-866-724-2224	<a href="https://autismawarenesscentre.com/sleep-baby-sleep/">https://autismawarenesscentre.com/sleep-baby-sleep/</a>
Autism Research Institute	Provides suggestions to assist individuals with autism improve sleep pattern problems.	n/a	833-281-7165	<a href="https://www.autism.com/sleeplessness_king">https://www.autism.com/sleeplessness_king</a>
Autism Speaks	ATN/AIR-P Strategies to Improve Sleep in Children with Autism Parent Booklet and Quick Tips	n/a	1-888-288-4762	<a href="https://www.autismspeaks.org/tool-kit/atnair-p-strategies-improve-sleep-children-autism">https://www.autismspeaks.org/tool-kit/atnair-p-strategies-improve-sleep-children-autism</a>
Autism Speaks	sleep	n/a	1-888-288-4762	<a href="https://www.autismspeaks.org/sleep">https://www.autismspeaks.org/sleep</a>
Autism Speaks	ATN/AIR-P Sleep Strategies for Teens with Autism	n/a	1-888-288-4762	<a href="https://www.autismspeaks.org/tool-kit/atnair-p-sleep-strategies-teens-autism">https://www.autismspeaks.org/tool-kit/atnair-p-sleep-strategies-teens-autism</a>
Autism Speaks	ATN/AIR-P Melatonin and Sleep Problems: A Guide for Parents	n/a	1-888-288-4762	<a href="https://www.autismspeaks.org/tool-kit/atnair-p-melatonin-and-sleep-problems-guide-parents">https://www.autismspeaks.org/tool-kit/atnair-p-melatonin-and-sleep-problems-guide-parents</a>
Harkla	Article titled ' The Ultimate Guide to Improving Sleep in Autistic Children'	n/a	1-844-442-7552	<a href="https://harkla.co/blogs/special-needs/improve-sleep-autism">https://harkla.co/blogs/special-needs/improve-sleep-autism</a>
Interactive Autism Network	Article titled ' Sleep Problems Linked to More Severe Autism Symptoms'	n/a	n/a	<a href="https://iancommunity.org/ssc/sleep-problems-linked-more-severe-autism-symptoms">https://iancommunity.org/ssc/sleep-problems-linked-more-severe-autism-symptoms</a>

<b>Spectrum</b>	Wide awake: Why children with autism struggle with sleep	n/a	n/a	<a href="https://www.spectrumnews.org/features/deep-dive/wide-awake-why-children-with-autism-struggle-with-sleep/">https://www.spectrumnews.org/features/deep-dive/wide-awake-why-children-with-autism-struggle-with-sleep/</a>
<b>Spectrum</b>	Article titled 'Sleep Problems in Autism, explained' Article discusses common problems with sleeping individuals with autism face and suggestions to getting better sleep.	n/a	n/a	<a href="https://www.spectrumnews.org/news/sleep-problems-autism-explained/">https://www.spectrumnews.org/news/sleep-problems-autism-explained/</a>
<b>TACA</b>	Article discusses some causes associated with poor sleep and individuals with autism. Article provides suggestions to strategies that can be used to assist individuals with ASD with sleep.	2222 Martin Street, Suite 140, Irvine, CA 92612	1-855-726-7810	<a href="https://tacanow.org/family-resources/sleep-issues-and-asd/">https://tacanow.org/family-resources/sleep-issues-and-asd/</a>

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